

# **Are You Ready for the Challenge?**

## **Meeting the HealthierUS School Challenge Criteria**

### **Post-Assessment**

1. Which of the following is NOT classified as a dark green vegetable in MyPyramid?
  - a. Romaine
  - b. Baby green lima beans
  - c. Kale
  - d. Turnip greens
2. The HealthierUS School Challenge requires offering the following number of different kinds of fruit on each week's school menu:
  - a. Three servings
  - b. One serving
  - c. Five servings
  - d. No requirement
3. Which of the following is not a dry bean or pea?
  - a. Navy bean
  - b. Green lima bean
  - c. Blackeyed pea
  - d. Garbanzo bean (chickpea)
4. Which of the following is included in two food groups of MyPyramid?
  - a. Dark green vegetable
  - b. Orange vegetable
  - c. Fruits
  - d. Dry beans and peas
5. How many servings of dry beans and peas per week does the HealthierUS School Challenge require?
  - a. One
  - b. Two
  - c. Three
  - d. Four
6. Which of the following is NOT a whole grain?
  - a. Brown rice
  - b. Rolled oats
  - c. Whole quinoa
  - d. Degerminated cornmeal

7. Manufacturers sometimes use misleading terms on grain products that may not be a significant source of whole grain. Circle all of the misleading terms in the list below.
  - a. 100% wheat
  - b. Contains whole grains
  - c. 100% whole wheat
  - d. Made with whole grains
8. What is the Challenge requirement for a serving size of a whole-grain product?
  - a. 1 ounce
  - b.  $\frac{1}{2}$  cup
  - c. 25 grams
  - d. Varies, according to FCS Grains/Bread Instruction 783.1 Rev 2 in the Food Buying Guide.
9. The following statement regarding the HealthierUS School Challenge menu criteria is correct:
  - a. A school may select to implement any 5 of the 7 Challenge menu criteria.
  - b. To meet the Challenge menu criteria for milk, fluid milk with all the various fat content levels must be offered (whole, reduced fat, low-fat, and non-fat)
  - c. The 5 different servings of vegetables can be offered on two or three days of the week.
  - d. The philosophy of the Challenge menu criteria is that all students must be provided with the opportunity to select a reimbursable lunch that meets the Challenge menu criteria.
10. The Challenge requires offering how many  $\frac{1}{4}$  cup servings of different vegetables per week?
  - a. 2
  - b. 3
  - c. 4
  - d. 5
11. The Challenge requires offering how many  $\frac{1}{4}$  cup servings of different fruits per week?
  - a. 2
  - b. 3
  - c. 4
  - d. 5
12. The Challenge requires copies of food labels of the following food products offered in a reimbursable lunch.
  - a. Meat products
  - b. Whole-grain products
  - c. Fruit products
  - d. Vegetable products

13. The following statement is NOT true regarding the Challenge competitive foods criteria:
- The Challenge criteria for the Silver/Bronze awards are a requirement only if competitive foods are sold in the cafeteria during meal periods.
  - The Challenge criteria for the Gold/Gold Award of Distinction are required if competitive foods are sold anywhere on the school campus during the school day.
  - The Challenge criteria for competitive foods apply to second servings of entrees offered in reimbursable meals.
  - The Challenge criteria for competitive foods are established on an individual food basis.
14. The Challenge 600 mg sodium limitation on competitive foods for the Bronze, Silver, and Gold Awards is for:
- Side dishes such as yogurt, energy bars, chips, nuts.
  - Fruits such as fresh apples, canned pears.
  - Main dishes or entrees such as pizza, hamburgers served or sold that are not part of a reimbursable meal.
  - Vegetables such as baked French fries, baked potatoes.
15. The Challenge 200 mg sodium limitation on competitive food side dishes is for which award level?
- Bronze
  - Silver
  - Gold
  - Gold Award of Distinction
16. Food ingredients that end in “ose” generally mean the food contains:
- Nitrates
  - Sodium
  - Trans fats
  - Sugar
17. The following number of minutes of structured physical education per week is required for the Bronze level award of the Challenge in elementary schools:
- 30 minutes
  - 45 minutes
  - 90 minutes
  - 150 minutes
18. Which of the following Challenge award levels require daily opportunities for unstructured physical activity each elementary school week?
- Gold
  - Silver
  - Bronze
  - All of the above

19. Which of the following statement is correct in regard to the nutrition education requirement for the Challenge in elementary schools?
- a. 150 minutes per week of nutrition education is required
  - b. The nutrition education curricula is defined in the criteria
  - c. Nutrition education must be part of a structured and systematic unit of instruction
  - d. Nutrition education must be limited to the classroom
20. The following average daily participation (ADP) is required for the Gold Award of Distinction in elementary and middle schools:
- a. 80%
  - b. 75%
  - c. 70%
  - d. 62%